

CITY HIGH GIRLS TRACK AND FIELD

River Queen Relays 2018

Tuesday, April 10th

This was a terrific meet on a cold, windy day. Our younger athletes performed very well against all varsity competition. On the day 14 PR's or season best performances. We continue to improve as a team every meet out. Keep battling!

Outstanding performance: Lily Reynolds, Mary Bounds; **Most Improved:** Zoe Burgess, Kasey Dawson; **Inspirational:** Jordan DuBrava; **Helping Hand:** Sophie Trom

Team Scores: Wahlert- 119, Hempstead- 118, Bettendorf- 106.5, Dubuque Senior- 88, North Scott- 77, IC Liberty- 77, Moline- 58, Clinton- 48.5, **CITY HIGH- 31**, Davenport North- 16

Varsity

4:00 PM	Long Jump	Cook 15-1.75- SB 5th
4:00 PM	High Jump	Vanderhoef 5-0- 1st
4:00 PM	Shot Put	Dawson, Spellman 29-5* 28-3*
4:00 PM	Discus	Burgess, Spellman 70-4.5* 69-6
4:30 PM	Sprint Medley	Wawaka, C. Smith, J Dubrava, L Parrott 14.7 15.2 29.9* 74.2 SB 2:14.46
4:45 PM	3000m	None
5:15 PM	4x800 Relay	Reynolds, G Parrott, Carey, Warren 2:35.1* 2:52.6 3:03.3 3:14.3 11:45.79
5:45 PM	Shuttle Hurdle	A. DuBrava, N. Green, Chalupa, Vanderhoef 22.3 18.8* 20.7 20.3 1:22.42
6:00 PM	100m Dash	Wawaka 14.61
6:10 PM	Distance Medley	A DuBrava, C. Smith, L Parrott, Bounds 33.2 34.9 75.3 2:50.8SB 5:14.21
6:25 PM	400m Dash	
6:35 PM	4x200 Relay	Fellows, Norris, N. Green, Cook 30.4 29.4 31.6 28.1 1:59.83
6:50 PM	100m Hurdles	Reynolds 19.26 *
7:05 PM	800m	A. Smith, Geerdes 2:47.07 3:15.59*
7:20 PM	200m Dash	Wawaka 31.4
7:35 PM	400m Hurdles	Reynolds 1:13.45*
7:45 PM	1500m	Bounds 5:59.80*
8:00 PM	4x100 Relay	A DuBrava, Chalupa, Vanderhoef, Norris 16.0 13.5 13.9 15.0 58.59
8:10 PM	4x400 Relay	J DuBrava, Cook, Fellows, G Parrott 66.8SB 71.0 74.6 72.7 4:44.71

RED- Standard of Excellence, *= PR, SB= Season Best